

The book was found

# The Lupus Answer - Holistic Lupus Diet & Treatment

**The  
Lupus  
Answer  
- A Holistic  
Lupus Diet  
& Treatment**



## Synopsis

\* Are you sick of suffering with discomfort, pain or dysfunction as your Lupus takes over your body and your life?\* Are you tired of popping pills, buying medication and filling scripts in an never ending attempt to keep your symptoms under control?\* Or are you interested in a holistic approach to managing your Lupus and not sure where to start?The Lupus Answer is the solution to putting you back in control of your health and body as you are given the keys to correct the root dysfunction of your lupus and restore your body's natural inner balance. Inside The Lupus Answer, youâ™™I discover and be exposed to PROVEN methods that work to regain your health, such as:- Uncover what is wrong with the modern health approach and how to turn your back on this broken health model and say goodbye to dangerous drugs and expensive surgeries- How your repeat business as a continued pill popper is exactly what the drug companies want and how to put an end to the vicious cycle, reclaim your health and save money- A simple way to look at imbalance in the body called the âœTriad of Healthâ• and how using this can unlock a whole new way of looking at your health and map out a game plan for defeating your Lupus - In Ch 2 I show the vitally important but often overlooked relationship between Lupus & inflammation and precisely what has gone wrong with the inflammation process to result in Lupus and how you can stop it dead in itâ™™s tracks- Known foods to avoid that trigger inflammation. I guarantee you are eating these at least twice a day - The intimate and often overlooked relationship between stress & inflammation and what you can easily and quickly do about it - How to start fighting back against your Lupus with diet and how to begin implementing changes instantaneouslyâ | accelerate your path to feeling better. I will show you exactly what you should eat to stop triggering an autoimmune response in the body breaking the cycle instantly - Foods known to trigger autoimmune responses that you must avoid if you want to get better- Step by step suggestions on implementing these new eating guidelines to make the transition to better health super easy- The role of food allergies and their relationship to Lupus (this relationship is often overlooked)- Uncover the the shocking truth about dietary fat and what role it has in health and more specifically itâ™™s relationship to Lupus (most people are dead wrong about this and that's why they stay sick) - The âœbest and safest for your healthâ• summary on the types of cooking oils to use (chances are you are probably doing more harm than good every time you turn on the stove) - I will unveil the âœmiracle in a bottleâ• oil, which you can get from any health food store that is dynamite against Lupus - Uncover the truth about dairy and supposed healthy alternatives like soy and if these foods will help or hinder your quest for health- A quick start menu guide, so you can get started healing your body in a flash - The definitive list of supplements that actually work (see Ch 7). Stop wasting money and get the most âœbang for your buckâ• as I tell

you the only ones worth taking.- A key vitamin that is being linked to Autoimmune Disease and how you can get it for free- Ch 8 devoted to the often overlooked but vitally important issues of lifestyle and stress and how these can be contributing to your Autoimmune Disease and what you need to do about it- Discover how to implement vital techniques to calm down your body and dis-empower your Lupus through easy to follow relaxation, the correct mental attitude, proper breathing and simple meditation- A proven exercise that lowers inflammation that is free and you can start immediately The Lupus Answer is a step-by-step easy to follow plan to regain control of your life, restore your health and say good bye to your lupus holistically.\*\*Please note the dietary recommendations are not suitable for vegetarians.

## **Book Information**

File Size: 250 KB

Print Length: 67 pages

Publication Date: May 6, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B008137R22

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #679,189 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases

#170 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments

> Musculoskeletal Diseases #254 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Diseases & Physical Ailments > Immune Systems

## **Customer Reviews**

A little pricey but the book was a great compilation of how-to resources. My only criticism is that it was too short and in some ways just a listing of resources for finding out more about the many endorsements and recommendations advertised in this book. Think about it like a holistic infomercial.

This book provided many of the answers for which I have been searching. It's written in a concise manner with links should you want to research further. Well written and informative, The Lupus Answer is a must read for anyone who is looking for a natural way to combat Lupus.

I take too many pills to control my :P and lupus. This book provides some alternatives to improve my health.

This book is fairly informative, but I am still looking for the answer to eliminating lupus.

Very detailed and helpful resource. Well written with links to other helpful resources. I would recommend this for lupus patients.

Very to the. Point and the message was delivered in a way that I can understand. I will be practicing these techniques.

I found the author's advice contradictory, uneducated, and much too simplistic. A fat, inorganic meat heavy diet that paints all margarine and plant based organic oils as more harmful than beef and good grains like rice and quinoa doesn't help those with autoimmune diseases and in fact is harmful. This book represents one person's uneducated, credentialed opinion.

This is just what I've been looking for. I knew that simply treating the symptoms was not a solution for lupus but just something to make it more manageable. But it is hard to find good alternative advice. The author has done an excellent job of presenting a holistic approach to health combining diet and lifestyle factors coupled with a unique philosophy about healing. The book is jam pack with information and references. It is very well written and easy to understand. There are so many tips and recommendations that I feel will truly benefit my health. For anyone looking for a holistic approach to managing lupus I highly recommend this.

[Download to continue reading...](#)

The Lupus Answer - Holistic Lupus Diet & Treatment Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet

Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) A Holistic Guide to...: Lupus (A Holistic Guide to the disorder of your choice Book 2) Connective Tissue Diseases: Holistic Therapy Options--Sjogrens Syndrome; Systemic Sclerosis - Scleroderma; Systemic Lupus Erythematosus; Discoid Lupus Erythematosus; Secondary and Primary Raynauds phenomenon; Raynauds Disease; Polymyositis Dermatomyositis Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet

... cookbook, Dash Diet weight loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)